

COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS – OSMO PREP

Date of Procedure: _____

_____ **Do not take aspirin, aspirin containing products such as NSAIDs (Advil, Motrin, IB, ibuprophen, naprosyn, Mobic) for 2 weeks before the procedure unless told to continue by surgeon.**

_____ **Do not smoke or chew tobacco after midnight the night before the procedure.**

_____ **Do not consume alcohol for 36 hours before the procedure.**

_____ **Do not bring valuables with you to the hospital.**

_____ **Do not wear nail polish, artificial nails, jewelry, piercings, or contact lenses.**

_____ **Do not schedule any dental work or cleaning within 2 weeks of the procedure.**

_____ **Do take a shower with antibacterial soap the morning of your procedure.**

_____ **Do bring your military ID card.**

_____ **Wear comfortable clothing, appropriate to your scheduled procedure. Uniform of the day is not required.**

_____ **Have someone drive you to and from the hospital and an adult to stay with you the first 24 hours after surgery.**

_____ **Do pick up the OSMO PREP pills at the NHL Pharmacy.**

_____ **For all ACTIVE DUTY members, return the “Request for Elective Surgery” chit signed by your command NLT 1500 ON: _____. Drop the chit off at the General Surgery Clinic, second floor. Be advised, you will not go to work on the day before the procedure since you will be doing the bowel prep.**

_____ **On the day before your procedure, you will receive a phone call from the MED SURG WARD personnel between 1630 and 1800 with the time you are to report to the Med Surg Ward (second floor, Flagpole entrance of the hospital) on your procedure day. MED/SURG WARD 559-998-4471 or 559-998-4233**

BOWEL PREP INSTRUCTIONS

_____ **The day before your procedure at 0730 on _____ have a light breakfast of eggs, white bread and juice without pulp. This is the only meal of the day.**

_____ **Drink 8 ounces of CLEAR LIQUID every hour starting at 0900.**

_____ **For the remainder of the day, only clear liquids are permitted.**

_____ **Follow the instructions on the OSMO PREP handout. Prep starts at 1700 the evening before your procedure. Remember to continue to drink clear liquids.**

Patient Signature _____ Date _____

Pre-op Nurse Signature _____ Date _____

O s m o

The Tablet Prep

Have you heard about

THE TABLET PREP?

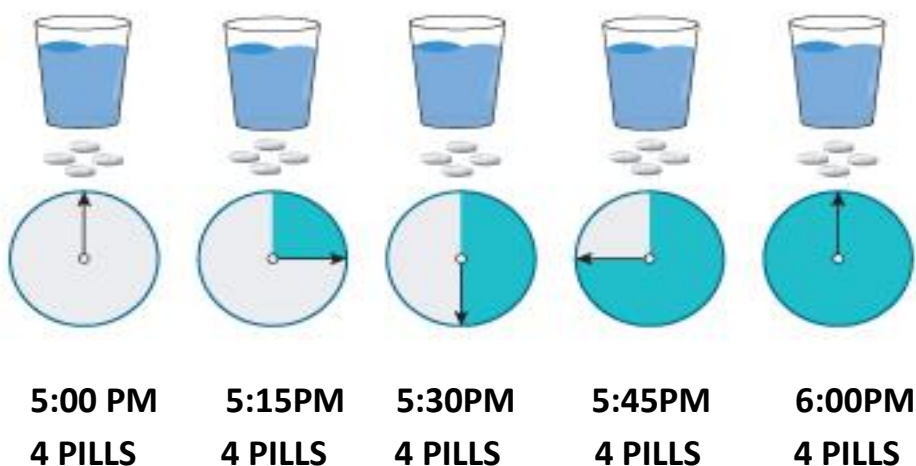
OsmoPrep simplifies the colonoscopy experience.

Easy-to-swallow, virtually tasteless tablets help make OsmoPrep a simple colonoscopy prep.

Your physician will give you specific instruction for completing the Osmo Prep regimen. The tablets are taken with a total of 64 oz of the clear liquid of your choice. It is important that you finish the entire dosing regimen to achieve the best possible results and that you take all the prescribed liquid to maintain proper hydration.

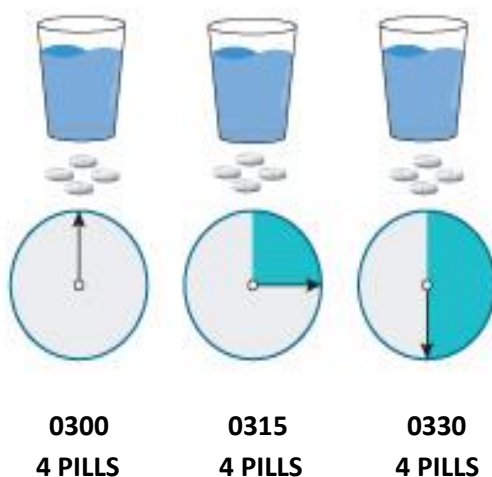
1. First regimen **START ON _____ AT 5:00PM**

- Take 4 tablets with 8 oz of any clear liquid every 15 minutes
- You will take a total of 20 tablets over a 1-hour period



2. Second regimen **START ON _____ AT 3:00AM**

- Take 4 tablets with 8 oz of any clear liquid every 15 minutes
- You will take a total of 12 tablets over a 30-minute period



THEN, NOTHING TO

EAT OR DRINK

AFTER 0600 ON

_____ .

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process.